

INSIDE CORRECTIONS

Official Newsletter
of the Kentucky Department
of Corrections



John D. Rees
Commissioner

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More prisons go tobacco free

By Lisa Lamb
Director of Communications

Two more Kentucky prisons have joined the state's largest prison, a private prison, and a host of county jails across the Commonwealth in going tobacco free. A third state prison will implement the ban in about six weeks.

On July 1, Kentucky Correctional

Institution for Women and Roederer Correctional Complex banned tobacco products for both staff and inmates, including prohibiting staff from going to their vehicles during lunch or breaks to smoke. Each of the prison's wardens cited health concerns as the No. 1 reason for the move which was aided by Cooper/Clayton smok-

ing cessation classes and materials.

Staff and inmates at Blackburn Correctional Complex are in the process of completing the smoking cessation classes for trainers and facilitators and Warden Joe Rion said a prison-wide ban will take effect on Sept. 17.

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Triple Crown Retirements



Two former supervisors of Probation & Parole's District 11, Paula Johnson (left) and S.T. Wright (center), gathered in Whitesburg recently to wish Supervisor Ann Mullins well on her retirement. Mullins retired July 31 after 26 years of service to the Department of Corrections and Division of Probation & Parole.

Clean Team will do more than keep things Spic and Span

By Cheryl Million
Public Information Officer

In late 2006 and early 2007, Kentucky Department of Corrections Commissioner John D. Rees, Jerry Kantlehner, Mark Smith and Cary Stets of PortionPac began exploring an idea that could save the state vast amounts of money and reduce sick time for employees and inmates.

The idea of cleaning surfaces with a germicidal detergent inside our institutions was tossed around and

a plan was created using two institutions as research facilities. The idea was introduced during a Warden's meeting by the staff from PortionPac and well received by wardens, deputy wardens and members of probation and parole. "This is an issue that I strongly support and it only makes sense to reduce the amount of employee sick time as well as sick call for inmates. Good sanitation is a must in a closed environment and we take every opportunity to hold medical cost down." said Commis-

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On The Inside

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Type of program a first for DOC

Re-entry hotline staffed by inmates

The Kentucky Department of Corrections has implemented a "Re-entry Hotline," the first such program of its kind in the history of the department.

Secured with grant funding from the U.S. Justice Department, the program features a toll free number that will be staffed 24 hours a day, seven days a week, providing offenders with referral and resource information on what is available in their specific area. With this information, they will be able to develop cohesive plans for success in their home community.

The hotline will be staffed by people who know exactly the kind of information callers will be looking for: former inmates and graduates of the Department's substance abuse program at Roederer Correctional Complex. These Resource Specialists will provide information to callers which may include workforce development information, treatment referrals, and faith based/community

program referrals, for example. They will be able to provide this information

**877-466-
2834**

to the callers based on available programs in the caller's home community.

Information pamphlets and magnets will be available to all felony offenders, including parolees, probationers, and serve out offenders, to educate them about the new Re-Entry Hotline. Local jails may also choose to notify their misdemeanor inmates regarding the hotline.

By providing the Re-entry Hotline as an option for seeking assistance, the Kentucky Department of Corrections

anticipates hotline callers will: 1) abstain or decrease use of drugs/alcohol; 2) comply with laws and the stipulations of their parole to avoid revocation; and, 3) utilize information to seek resources in their communities. It is also believed that as a result of the program, individuals will be able to cope with the daily stresses of life and avoid substance use and criminal activity. Department officials also believe the program will increase public safety and reduce the long-term costs associated with recidivism.

The need for innovative solutions to solve the problem of prisoner re-entry is clear. Most ex-offenders return to their neighborhoods ill-equipped to meet the everyday challenges of life. Confronted with minimal job opportunities, housing issues, and the lack of other support, many ex-offenders often recidivate. Nationally, nearly two-thirds of former inmates are re-arrested within three years after release.

Commissioner's Corner



John D. Rees

There's something about this particular 'season' that makes people seem to lose their focus. I want to encourage you to calm down and keep your focus on the task at hand. That task is the mission we've been on the past 43 months and completing the many projects still underway that will make this a better Department.

I'd like for you to follow the lead of one of the individuals who was one of the

first, if not "the" first real professional in Kentucky corrections: Harold E. Black. At the end of this month, we will dedicate our third regional training center in LaGrange in his memory and honor. Black was a mentor to many in the field of corrections in this state and the surrounding region, some who have retired and some like myself

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We're going to miss him!

A retirement reception was held July 31 for Director of Adult Institutions Charles Williams (right) who retired from the Department of Corrections after 30 years of service to the Commonwealth. Deputy Commissioner Jim Schomig (standing) was one of the many guests who attended the reception to bid Williams farewell.



An event was held at Green River Correctional Complex this summer called “One Day with God.” Over 100 volunteers from the community supported the program and raised over \$10,500 to host the daylong event that brought 39 children of the inmates to the prison.



One Day with God



Wellness program at Roederer just what the doctor ordered

By Mike Matthews
Social Service Clinician
Roederer Correctional Complex

Since the spring of 2005, the Kentucky Department of Corrections and staff from the University of Kentucky's Department of Preventative Medicine have teamed up to successfully integrate a comprehensive wellness program into the Roederer Correctional Complex Substance Abuse Program.

Known as the Roederer Therapeu-

tic Community (“RTC”), the substance abuse program is structured as a modified therapeutic community, which emphasizes individual accountability and responsibility. The wellness program, called “Wellness Works,” encourages healthy lifestyles and fits perfectly into the missions of the RTC, the Kentucky Department of Corrections, and the Governor’s “Get Healthy Kentucky” program.

Several studies have been released that list Kentucky as one of the least

healthy states in the country and the Louisville Courier-Journal recently reported that “the epidemic of illness is eroding the state’s future.” Assessment results conducted at RTC by Wellness Works confirmed that the inmate population had significantly higher health risk factors for morbidity and mortality than the general population.

Wellness Works has provided innovative and creative programs to fight

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Clean Team

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missioner Rees. "The tax payers need to know that we are doing our share to save money with medical expenses."

The Kentucky State Reformatory (KSR) and Blackburn Correctional Complex (BCC) were selected as the target institutions for the study. KSR is a medium security facility in LaGrange that houses over 1,900 inmates with a large population of medical cases. Blackburn is minimum security facility housing over 200 inmates in Lexington. It was decided that the initial study would run for 60 days beginning May 22 and track data that would show the effectiveness of the program in comparison to the 60 days prior and 60 days post data.

The purpose of the study was to introduce an inmate driven program that would reduce the amount of exposure for staff and inmates to contagious bacteria and germs that exist on surface areas. As we all know and understand, in an area where there is a high concentration of people, be it prisons, schools, hospitals, daycares or office buildings, germs and bacteria thrive on all surfaces that are touched or breathed on by humans. Some of the more common virus we are exposed to daily cause flu, common colds and gastrointestinal difficulties. In a prison setting, not only do we deal with the more common strains of virus but also there is a concentration of humans with Hepitis C and HIV in a confined area. Bacteria such as methicillin-resistant *Staphylococcus aureus* (MRSA) lurk on surfaces and can be contracted through an open wound in the skin. MRSA is resistant to a number of antibiotics and therefore pose a problem to humans especially those that have a weak immune system.

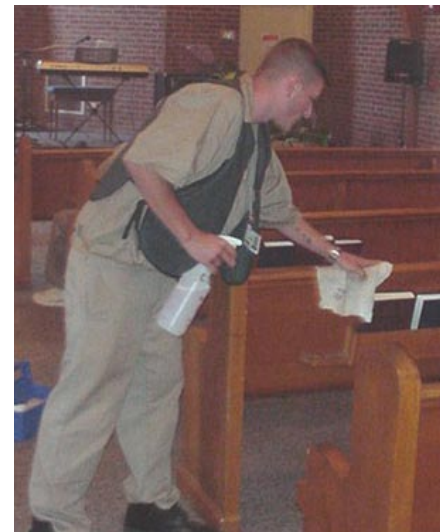
Mark Smith of PortionPac held training sessions at both institutions and worked with the sanitation officers in the selection of inmates to ensure that they un-

derstood the purpose and how the germicide was to be applied. In addition Smith provided posters that were placed in strategic locations indicating the surfaces that should be disinfected. For example: Posters were placed in the visiting area with reminders to disinfect door handles, table surfaces, and toys. Another was placed in the medical areas that emphasized wheelchairs sink handles, door handles, table surfaces and cabinet handles. Smith reiterated several times during the training, "if you can touch it---wipe it." Additional areas within the institution that had visual aid were bathrooms, common areas, classrooms, and administration buildings.

On May 22 the program started with a "roll out" celebration at both institutions. KSR's Sergeant Kessinger and BCC's Lieutenant Sizemore, sanitation officers for the facilities, gathered the selected inmates, 31 from KSR and 21 from BCC for an introductory meeting. Wardens Chandler and Rion discussed the inmate pay of \$2 per day and also express their support of the program. Each



"Clean Team" inmates at Blackburn Correctional Complex are seen in their green vests which identify them as members of a study with PortionPac to test a new germicide in our institutions.



inmate was given their Clean Team packet which consisted of a plastic container to carry the items they would need such as spray bottles of germicide, cleaning cloths and a green vest with the "CleanTeam" logo for easy identification.

Data sheets were provided to the sanitation officers to record the daily number of inmates working the program, number of staff that called in sick and the number of inmates attending sick call. For comparison purposes, data will be used from the pre and post 60 day period making the total study period 180 days.

Wellness

From Page 3

the epidemic of poor health among the inmates while judiciously focusing and redirecting resources already being used at Roederer. The wellness committee at RTC, which includes representatives from the inmate population, consistently reviews the measurable evidence-based wellness plan that connects specific activities with major objectives.

One important wellness activity at RTC occurs upon entry into the Substance Abuse Program when the resident completes a custom-designed Health Risk Assessment that they complete again when they graduate. Wellness Works also offers a variety of wellness activities daily and residents are encouraged to track their physical activities and other lifestyle choices.

For the past two summers, residents have planted a vegetable garden and fresh vegetables have been harvested and used to supplement dining hall meals. Nationally-known speakers on stress management, nutrition, exercise, and motivation have voluntarily given seminars for Wellness Works and local teachers recently finished an eight-week meditation class at no charge. A grant has been secured from the Foundation for a Healthy Kentucky, the proceeds of which will be used to purchase additional health education materials for Wellness Works.

Over the past 18 months, a careful evaluation of the Wellness Works program has been conducted by researchers from the University of Kentucky who confirm the success of the program in reducing health risks, improving health behaviors, and ultimately reducing health care costs. The inmates at RTC have welcomed the opportunity to be involved in their health education and increase their ability to make wise health choices. More programs in smoking cessation and disease management are planned. Ultimately, the graduates of Wellness Works should enjoy higher levels of health, should be able to present themselves as desirable employees, and should incur lower lifetime healthcare costs.



Inmates work in the "wellness garden." Vegetables and fruit are used to enhance the inmate meals.

New jobs, some new faces, but all are up to the task

They may have new jobs, but none are green when it comes to Corrections experience. These top managers were promoted in recent weeks and while all were the subject of Departwide press releases, not everyone can always put a face with a name.

Joseph P. Meko, was promoted to warden of the Little Sandy Correctional Complex on May 31, and he will take over the post on September 3.

Meko comes to the Kentucky Department of Corrections from the federal prison system where he was a warden at the Federal Medical Center in Lexington. He began his career as a correctional officer in Virginia and has worked in a variety of correctional positions at prisons in California, West Virginia, Alabama, Maryland, North Carolina, Ashland and Lexington.



Meko

Nancy Doom, was promoted to Warden of Green River Correctional Complex effective July 1.

Doom, a 17 veteran of Corrections, was Deputy Warden of Programs at the Kentucky State Penitentiary in Eddyville. In that role she oversaw the prison's medical department, inmate grievance procedures, inmate organizations and she also served as the Public Information Officer for KSP.

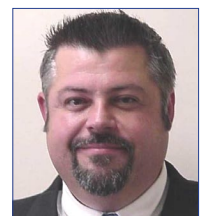


Doom

Nancy began her career in corrections as a Classification and Treatment Officer at KSP. Other positions she has held at the prison include Offender Information Supervisor and Personnel Manager.

Greg Howard, was promoted to Deputy Warden of the Kentucky State Penitentiary effective August 1, 2007.

Howard began his career as a Correctional Officer in July of 1991 at the Kentucky State Reformatory. He worked his way through the system in posi-



Howard

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Tobacco

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And while these three institutions are as varied as any of the Department's in regard to population and operation, implementation of the bans is being carried out in a very similar manner.

"We announced it a year ago," said KCIW Warden Cookie Crews. "I think some of the women were in a state of denial, right up until the last minute, thinking that somehow it wasn't going to happen... but I gave this a lot of thought. I have approximately 50 pregnant women here and also women with chronic asthma and heart problems. I was watching some of them be given bed rest by a physician only to get up to have to smoke. How can I be a responsible administrator and still sell cigarettes to these women when it is eventually going to kill them? That's not only morally wrong; it's not fiscally responsible either."

Crews said there have been few problems since the ban took effect, such as an occasional flare-up of tempers and a couple staff member's creative attempt to locate alternative locations to smoke after she decided to prohibit vehicles. Inmates have been provided nicotine lozenges for purchase in the canteen at a reduced cost and snacks like celery sticks. Recreation staff have been asked to come up with a cardiovascular program to prevent any weight gain that many of the inmates are concerned about.

At Roederer, inmates and staff were given a nine month advance notice that the facility was going tobacco free. The prison's rotating assessment center population and several miles of farmland pose unique issues with the policy.

"There was no way for us to include AC in the tobacco-free program, because it lasts 12 weeks," said RCC Deputy Warden Aaron Smith. "Having that rotating population with inmates coming in from all over the state poses some real challenges for us. In some jails the inmates can smoke, in others they can't. We process 1,200 inmates a month through there and there was no way to get them through a 12-week cessation program with the turnaround time."

Access to Roederer's large 2,800 acre farm, and the possibility of tobacco being smuggled into the institution via the 29-member inmate work crew is always a threat so RCC staff must remain diligent.

"The farm is very large, with some remote areas for someone to hide tobacco in and we are always aware of that," said Smith.

Roederer Warden James Sweatt does cite health concerns as his No. 1 reason for going tobacco free, but he also gives another one that might not be appreciated by everyone, at least smokers.

"We had some employees that were abusing their breaks," said Sweatt. "They were observed and during the course of the day they spent two hours on breaks smoking. How am I going

"I was watching some of them be given bed rest by a physician only to get up to have to smoke. How can I be a responsible administrator and still sell cigarettes to these women when it is eventually going to kill them? That's not only morally wrong; it's not fiscally responsible either."

KCIW Warden Cookie Crews

to get more productivity out of my staff when they are working five and a half hours a day? I had non-smoking staff complaining and as an administrator, how could I answer that complaint?"

Just as KCIW is unique, as the state's women's prison and Roederer with its revolving population, the next prison to make the tobacco-free move will be state's largest minimum-security prison. Blackburn Correctional Complex will be first minimum-security institution to implement the ban.

"The tide's turning, there's no question about that," said Rion. "One good thing about Blackburn is the attitude here in the Lexington area in general is pretty supportive. The community was one of the frontrunners when it came to this (smoking bans)."

Rion said staff at Blackburn will face some unique challenges due to the prison's proximity to public roads and its minimum-security status.

"We don't have the physical barriers that the other institutions have but we're going to enforce the policy nonetheless," said Rion. "The main thing is it promotes a healthy environment for everyone, staff, inmates and visitors. Now, as more and more jails are going smoke and tobacco-free, it only makes sense for us to do this because if an inmate has had to quit smoking in a jail, why let the habit kick back in just because he's been transferred here?"

After Blackburn's implementation in mid September, there will be five tobacco-free prisons in Kentucky:

Kentucky State Reformatory - May 1, 2006
Otter Creek Correctional Center - October 1, 2006
Kentucky Correctional Institution for Women - July 1, 2007
Roederer Correctional Complex - July 1, 2007
Blackburn Correctional Complex - Sept. 17, 2007

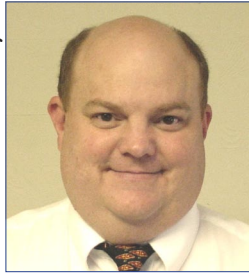
New

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tions of Sergeant in 1994, Lieutenant in 1996, Classification & Treatment Officer in 1996, Captain in 2001, Training Instructor and Unit Administrator in 2004 and Program Administrator in Central Office in 2006.

Alan Dean Brown, was promoted to Deputy Warden of the Kentucky State Penitentiary effective August 1, 2007.

Brown began his corrections career in April of 1988 as a Correctional Officer at the Kentucky State Penitentiary. In 1989 he was promoted to Correctional Farm Crew Leader at Western Kentucky Correctional Complex. In 1990 he returned to KSP as a Classification and Treatment Officer and was promoted to Corrections Training Instructor in 2003. Brown was promoted to Unit Administrator II in September 2004.



Brown

Mervin (Merv) Haddix, was promoted to Deputy Warden of Frankfort Career and Development Center effective August 1, 2007.

Haddix began his career as a Correctional Officer in 1982 at the Kentucky State Reformatory. He worked his way through the system in the positions of Sergeant in 1985, Lieutenant in 1989, CERT Commander at KSR in 1991, Captain in 2002 at Kentucky Correctional Institution for Women, Correctional Unit Administrator at KSR in 2005 and CUA II at Roederer Correctional Complex in 2006. During his tenure at RCC, Haddix supervised the pre-release program, academic school, inmate legal aid office and served as the institutional transfer coordinator. He was serving as Central Region CERT Commander and was heavily involved in the training aspect of other CERT team members.



Haddix

KCCD Capitol Chapter invites you to join us for lunch to welcome the new 2007-2008 Chapter Officers on Friday, Aug. 10 from noon to 1 p.m., in the CHR Cafeteria meeting. Please RSVP by emailing: TammyLou.Haynes@ky.gov

2007 Warden of the Year Cookie Crews



2007 P&P Supervisor of the Year Renee Maness



Commissioner John D. Rees presented the awards to Crews (top) and Maness during the annual Corrections Awards Luncheon on July 16.

Corner

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who are still in the business.

The reason why I'm choosing Harold Black as the person I'd like you to emulate in this time of flux now, more than ever - even if you never knew him personally - is due to the one word which personified him more than any other: professionalism.

You are all professionals, no matter what part of this Department your current job assignment is in.

Don't get caught up in the whirlwind of the season that could so easily distract you from what you need to be doing.

Winners of the 2007 Commissioner's Awards & Rookie of the Year



**Randy Wright, WKCC
Senior Captain**



**Angela Tolley, Central Office
Interstate Compact**



**George Glass, P&P District 1
Assistant Supervisor**



**Robbie O'Brien, KSR
EMS Director**



**Linda Ison, Little Sandy
Accreditation/Policies & Procedures**

Rookie of the Year



**Candy Bingham, P&P officer
District 15**

Kraus picked for 'Best in Business'

Cheri Kraus, operations manager for Correctional Industries at the Luther Lockett Correctional Complex, has been recognized by the American Correctional Association as one of the "Best in the Business."



Kraus

Kraus is featured in the August issue of "Corrections Today" magazine which writes, "her diligence and commitment to her job has won the admiration of colleagues and inmates everywhere she has worked."

Since Kraus first arrived at Lockett in 1989 she has been promoted several times and in 1995, she transferred to KCIW. Within two years, \$1 million was grossed from printing operations alone, a feat which has not been duplicated at KCI since her time there.

Kraus transferred back to Lockett in 2002, where she again oversaw the printing operations and the embroidery plant. Under her guidance, the department has grown from a \$30,000 operation to grossing more than \$800,000.

In 2004, she was promoted to her current job. She is the first woman in Kentucky to occupy this position within KCI.

Roger Liter, production supervisor at Lockett, said Kraus has made a lasting impression on everyone who works with her. "She personifies the attitude of doing whatever it takes to get the job done, and that dedication has spilled over to her employees," he said.

Kraus said that she is honored and humbled to be recognized as one of the "Best in the Business."

"I have worked extremely hard in correctional industries. There have been several key people who believed in me through the years, and it was for them that I have always tried to make